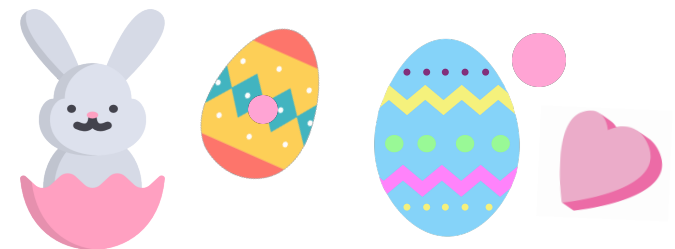




# APRIL 2021

## SMART START MENU



We celebrate "Meatless Monday" weekly; Seasonal Fruits will be served during snack time at 10:00 AM

Smart Start Kitchen sources **ALL** ingredients locally (including pork). Additionally, We use: **ORGANIC** vegetables, **NON-GMO** Soy products.

採用在地食材(台灣豬). 有機蔬菜及非基改黃豆製品.

	Mon	Tue	Wed	Thu	Fri
Lunch				<b>1</b> Stewed Pork with Eryngii Fried Egg with Corn & Onion Stir-fried Vegetables Pork Ribs, Corn & Pumpkin Soup 紅燒五花肉佐杏鮑菇 洋蔥玉米炒蛋 炒時蔬 南瓜玉米排骨湯	<b>2</b> Sweeping Tomb Holiday (no school) 清明節 國定假日
Snack				Chicken Rice Noodle Soup 雞肉米粉湯	
Lunch	<b>5</b> Sweeping Tomb Holiday (no school) 清明節 國定假日	<b>6</b> Stewed Chicken Drumstick Fried Bean Thread with Celery Stir-fried Cabbage & Carrots Winter Gourd & Ribs Soup 滷雞腿 肉末芹菜炒冬粉 高麗菜炒紅蘿蔔 冬瓜排骨湯	<b>7</b> Scrambled Eggs with Pork Sliced Curry Potato with Carrot Braised Chinese Cabbage with Mushroom & Small Shrimp Seaweed & Egg Soup 滑蛋肉片佐時蔬 咖哩嫩馬鈴薯紅蘿蔔 開陽白菜 紫菜蛋花湯	<b>9</b> Stewed Fried Chicken & Onion Stir Fried Bean Curd with Celery & Carrot Stir-fried Vegetables Huanren with Ribs Soup 醬燒洋蔥雞柳 芹菜紅蘿蔔干絲 炒時蔬 薏仁排骨湯	<b>10</b> Pork Italian Spaghetti With Vegetables Mushroom Cream Soup 肉醬義大利麵佐時蔬 奶油蘑菇湯
Snack		Chicken & Egg Noodles Soup 雞肉鮮蔬雞蛋湯麵	DouTua 豆花	Pork Congee 廣東粥	Blueberry Pancake Wheat Tea 藍莓鬆餅 麥茶

<b>Lunch</b>	<b>12</b> Noodles Fried with Mushroom, Bean skin & Assorted Vegetable Miso with Seaweed Soup 香菇豆皮青蔬炒麵 味噌海苔湯	<b>13</b> Meat Ball With Soy Sauce Stewed Bean Thread Stir-fried Vegetable Radish & Pork Soup 紅燒獅子頭 螞蟻上樹炒時蔬 蘿蔔排骨湯	<b>14</b> Stir Fried Shredded Pork with Onion & Green Pepper Fried Egg with Carrot Stir Fried Cabbage with bean Curd Kohlrabi with Ribs Soup 青椒洋蔥咕咾肉 紅蘿蔔炒蛋 豆皮高麗菜 大頭菜燉排骨湯	<b>15</b> Stir Fried Pork with Carrots Stewed Tofu with Greens Stir-fried Vegetables Bean Sprout & Ribs Soup 滷香紅蘿蔔燒肉 家常豆腐炒時蔬 黃豆芽排骨湯	<b>16</b> Chicken and Rice Salad Stir-fried Cabbage with Carrot Ginger Winter Gourd Soup 雞肉拌飯 炒高麗菜紅蘿蔔 薑絲冬瓜湯
<b>Snack</b>	French Toast & Wheat Tea 法國吐司 麥茶	Steamed Buns Soy Milk 小饅頭 豆漿	Thick Rice Noodle with Mushroom & Chives 香菇韭菜米苔目	Brown Rice Congee with Ribs 糙米排骨粥	Black Sugar Cake Lemon Water 黑糖糕 檸檬水
<b>Lunch</b>	<b>19</b> Fresh Tomato Risotto with Grilled Greens Onion Soup 鮮茄燉飯佐烤時蔬 洋蔥湯	<b>20</b> Fried Chicken with Winter Gourd Stewed Tofu with Mushroom Fried Vegetables Bean Sprouts and Seaweed Soup 冬瓜燒雞 香菇豆腐炒時蔬 海帶豆芽湯	<b>21</b> Stewed Chicken with Turnip Fried Egg with Tomato Stewed Abalone Mushroom & Vegetables Cabbage & Ribs Soup 紅燴雞丁蘿蔔 蕃茄炒蛋 鴻禧菇時蔬 高麗菜燉排骨湯	<b>22</b> Macaroni and Cheese with Vegetables Corn & Egg Soup 起士焗通心麵佐時蔬 玉米蛋花濃湯	<b>23</b> Japanese Pork Omelet Covered Rice Cauliflower Salad Miso with Onion & Tofu Soup 日式豬肉蛋包飯 涼拌花椰菜 洋蔥味噌豆腐湯
<b>Snack</b>	Banana Pancake Lemon water 香蕉鬆餅 檸檬水	Green Bean & Huanren Soup 綠豆薏仁湯	Chicken & Corn Congee 雞蓉玉米粥	Flat Rice Noodle with Pork Sliced Soup 肉絲河粉湯麵	Egg Roll Wheat Tea 蛋餅 麥茶
<b>Lunch</b>	<b>26</b> Stir Fried Rice Noodle with Pumpkin, Mushroom & Assorted Vegetable Radish, Corn, Cabbage, Celery & Red Pepper Soup 南瓜炒米粉 五彩白玉湯	<b>27</b> Stewed Cucumber & Chicken Japanese Steamed Egg Fried Vegetable Seaweed & Egg Soup 小黃瓜菜炒雞絲 和風蒸蛋 炒時蔬 海苔蛋花湯	<b>28</b> Braised Cucumber & Homemade Meat Ball Braised Tofu with Assorted Vegetable Stir-fried Vegetables Borscht Soup 大黃瓜燴自製肉丸子 紅燒什錦豆腐 炒時蔬 羅宋湯	<b>29</b> Curry Chicken Rice Stir Fried Vegetable Miso with Tofu Soup 咖喱雞燴飯 炒時蔬 味噌豆腐湯	<b>30</b> Labor Day (no school) 勞動節 國定假日
<b>Snack</b>	Cheese Sandwich Sugarless Rice Tea 起士三明治 麥茶	Cake & Milk 雞蛋糕 鮮奶	Red Bean with Black Glutinous Rice Soup 紫米紅豆湯	Pumpkin Rice Noodle Soup 金瓜米粉湯	